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Volume 91 Number 22 April 12, 2000

The Southwestern

The student newspaper of Southwestern Oklahoma State University



Lakely, Mainers win close SGA election

By JAMIE RHODES/STAFF REPORTER

This year's student government election winners are Brock Lakely, president, Alison Mainers as vice president, and Anne Drennan as treasurer.

"I am not proud to have won, just humbled. I want to prove to everyone that I want to be the best president," Lakely said.

The president and vice president run as a team, just as in the national elections. The other team was made up of Amber DeVoss and Kendra Merveldt.

"When I went to the banquet, I was expecting to lose. They really got their names out well, there were many things that I saw them do that I wished I would have thought of," Lakely said.

The elections ran a very tight race. Both opponents made fliers and even decorated cars.

"It was one of those 51-49 votes, even closer," said Chip Diffendaffer, former SGA president.

Diffendaffer will be graduating so he could not run for re-election. He spoke on giving up the presidency.

"It was the hardest thing that I have ever had to do," Diffendaffer said.

Brock and Alison have many goals set forth for Southwestern. They would like to approach the meal plan problem and completely reconstruct Homecoming. Also, Lakely would like to see a better web site for the SGA, as well as Southwestern's homepage.

There are many activities that must be taken care of first.

"I need to get the budget approved. Because I was treasurer, this shouldn't be too difficult. I know where we spend our money," Lakely said.

He must also appoint an executive council at the beginning of his term.



PHOTO BY SAM NEARING

Lacey Dale Cully, a sophomore from Shidler, opened the Southwestern Rodeo Thursday night at Doc Mitchell Arena by presenting the American flag.

"I am very excited to get started assigning the executive council, we have had some great applicants," Lakely said.

Both Lakely and Mainers would like to see the student body become more involved within the SGA.

Only 300 students out of the 5,000 on

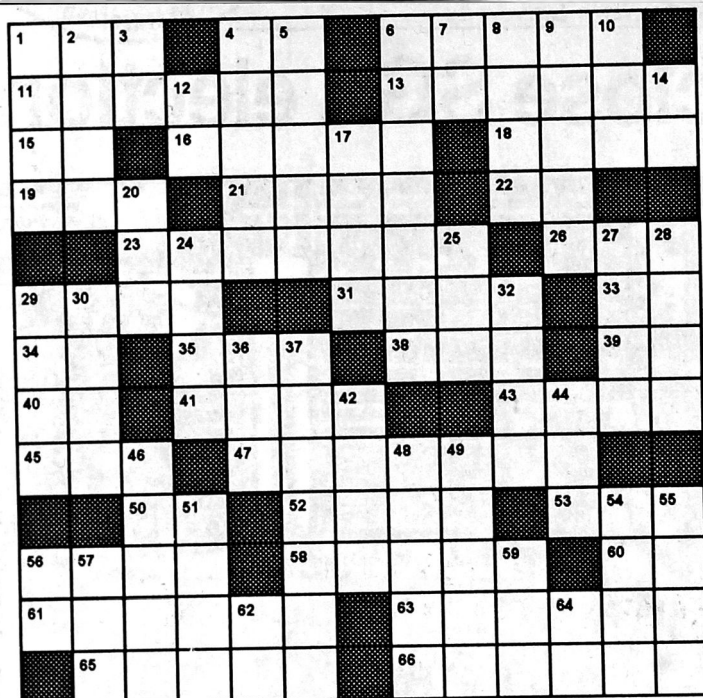
campus voted in the election.

"I think the student body is a very powerful entity and together we could be great," Mainers said.

"I am ready to get to what I know. I want to get to the issues and make SGA work," Lakely said.

PEN PLAY

WARNING: NOT FOR USE DURING CLASS



ACROSS

- 1 Southern state (abbr.)
- 4 Prosecutor (abbr.)
- 6 Helped
- 11 Outdoors person
- 13 Slanted type
- 15 Division of the psyche
- 16 Scornful expression
- 18 Short note
- 19 Change color
- 21 Click
- 22 S. East coast state (abbr.)
- 23 Violation of allegiance
- 26 Hot beverage
- 29 Small rodents
- 31 Snare
- 33 Type of army discharge (abbr.)
- 34 Public notice (short form)
- 35 Also
- 38 Brewed drink
- 39 Southern state (abbr.)
- 40 Cerium symbol (abbr.)
- 41 Cat sound
- 43 Stalk of a plant
- 45 Dine
- 47 Fill with life
- 50 Edward's nickname
- 52 At another time
- 53 Imp
- 56 Moisture from eye
- 58 Subject
- 60 Either
- 61 Seed used for oil
- 63 Get away
- 65 Puzzle
- 66 Kept hidden

DOWN

- 1 Sharp
- 2 Woman
- 3 Be
- 4 Close; compact
- 5 Area for combat
- 6 Aircraft area
- 7 Indefinite pronoun
- 8 Beaver constructions
- 9 Vote into office
- 10 Pale
- 12 Post script
- 14 Company (abbr.)
- 17 Direction
- 20 And so on
- 24 500 sheets of paper
- 25 No (Scot.)
- 27 Rim
- 28 First man
- 29 Chemical deterrent
- 30 Thought
- 32 Ago
- 36 Education group (abbr.)
- 37 Gives
- 42 One who drinks wine excessively
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- 46 Annoy
- 48 Broods
- 49 Mediterranean plant
- 51 Dull
- 54 Easy gait
- 55 Worry
- 56 Tensile strength (physics, abbr.)
- 57 Ever (poetic)
- 59 Roman 300
- 62 12th Greek letter
- 64 Argon symbol

ANSWER TO LAST WEEK'S PUZZLE

P	O	T		A	M		A	R	E	N	A	
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THE SOUTHWESTERN is the student newspaper of Southwestern Oklahoma State University. It is published every Wednesday during the fall and spring semesters, except during holidays and finals week. Students in the editing class serve as section editors. The editorial board meets every Thursday at noon in the journalism lab, Campbell 211.

THE SOUTHWESTERN encourages comment from the student body, faculty, and administration in the form of letters to the editor. All letters must include a name for consideration; however, the name may be withheld upon request. Letters should be sent to *The Southwestern*, 100 Campus Drive, SWOSU, Weatherford, OK, 73096, 774-3065.

The opinions expressed within signed editorials are the opinions of the writers; the opinions expressed in unsigned, boxed editorials are the opinion of the staff. Neither is necessarily the opinion of the university administration, staff or faculty.

In my opinion...

I am going to walk across the stage on May 13 and receive a blank piece of paper. That blank page will magically turn into my Bachelor's degree, but not until December.

I, like many students, don't actually complete my degree until I have taken 12 hours this fall.

I had my choice. I could walk in May 2000 or May 2001. I chose this year because I thought it might make more sense for my graduation announcements and tassel to have the same year as my diploma.

I am also unsure of where my life may take me after graduation and I may not be able to conveniently be a part of the ceremony next year.

I spent weeks deliberating and talking with my family about my choices, both offered pros and cons. But to be honest I really didn't enjoy that I had to make a decision at all.

If we had a December graduation ceremony, it sure would have made my decision easier.

I would take my last final tests, wander the halls of college for the last time, walk across the stage with my friends and then....POOF!! I would magically enter the "Real World".

But, my life is never that simple. Instead I have to take finals, participate in what is going to feel like a dress rehearsal and come back for another round.

Friends are going to stop me in the halls all fall and say, "Hey, I thought you graduated!"

And at the end of the semester, I will take my last set of final tests and walk the halls of the buildings I have come to think of as a second home. I will walk right out the door to my car and leave for the last time and no one will even notice. No fanfare for my final departure except for the usual "Have a great Christmas break."

The interesting thing is that I am not alone in this situation. There were 211 graduates last fall that had to make this decision and there will be about that many this fall.

I propose that a December convocation ceremony be instituted into Southwestern's new traditions as we start the new Millennium.

By doing this, I feel that many problems could be solved. There would be fewer graduates in May. More family members could attend and the ceremony could focus on each graduate longer.

If the weather is bad, there would be room for all the family members to be invited into the Field House, because the last thing I want my family to have to do is stand outside the gym in the rain and have them draw straws.

By having two graduations, one of the most important milestones in my life could actually be a time of celebration and accomplishment, instead of a ceremony to commemorate my second-to-last semester of college.

-Tacey Clodfelter

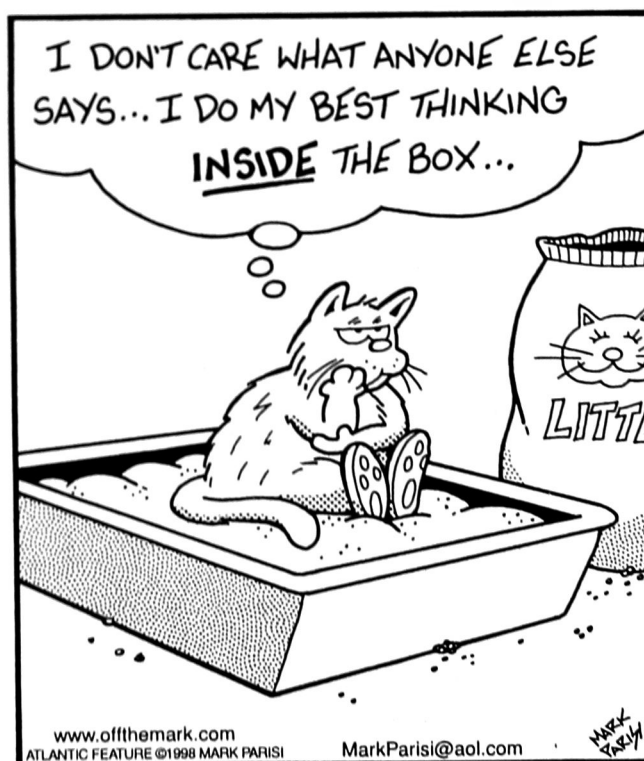
off the mark

by Mark Parisi



off the mark

by Mark Parisi



A word to the wise

By Staci Mauney



"It all is happening so fast..." cried the graduating senior

Spring is a busy time for all college students. With the semester beginning to wind down, things get even more hectic. Papers and projects are due, finals are approaching, and for seniors, graduation looms nearer.

Most seniors look forward to graduation with a mixture of delight and fear. The delight comes from knowing that they have finally made it through four (or five, or six) years of hard work and dedication and they will have their college degrees at long last. The fear surfaces when they realize they don't know what the future will hold. These seniors wonder if they should find a job or go on to graduate school. Some decide to do both. But no matter what they decide, the next few weeks will bring numerous changes to the lives of these seniors.

I am one of these seniors and although I won't actually

graduate until December, I have already begun to prepare for the event. I will walk in the convocation ceremony in May.

Somehow, my need to participate in the graduation ceremony caught me by surprise. For some reason, I kept thinking, *I have until December. I don't have to do anything right now.* It's true that I could wait until next May, but why should I wait so long? Now, I am rushing around, trying to apply for graduation and set up an appointment for an exit interview because the department doesn't usually do them in the fall. I became complacent in my status as a student and the realization that it will all end soon sort of blindsided me.

I have been working on my resume as well. I didn't realize that it would be so difficult to make myself look good on paper, especially since the focus of my college career has been on learning to write well. I also have a job interview—for a job in my field. I may actually get to use my degree after all. To prepare for this interview, I need to complete my portfolio. This means gathering my papers and other examples of my writing. Now, if I can just remember where I put those papers. . .

As a senior, I realize it is easy to be overcome by senioritis and spring fever. This is a very busy time of year for all of us, though and we can't afford to slow down right now. We have many things left to accomplish and we should always try to do our best. Our future is out there waiting for us. Let's go out and make it great!

Wow! How about that "Letter to the Editor" last week? Now, I know that some of you disagree with my statements. Thanks to those individuals who feel like I do about the campus bar issues.

I do want to add that I made a mistake by saying the word "ad." I meant to say "feature story," in regards to Phat J's ads. Ads and sponsors are the lifeblood of any type of media, such as radio, T. V., and especially newspapers. Without sponsors and their ads, none of these would exist.

My soapbox was mainly aimed at feature stories. O.K., so maybe the general population at Southwestern enjoys bar hopping. However, must we read about it in our school newspaper?

That's fine to advertise businesses, whether they are bars or retail shops because they are what makes or breaks our newspaper. There are some people who feel as if *The Southwestern* promotes it, though.

Suppose a high school senior was interested in attending Southwestern and decided to learn more about our school by reading our newspaper. He or she might get the impression that Southwestern is a party school by viewing the Student Life (a. k. a "bar news") pages. Then again, what is college without partying? That's at every college.

I feel as if I opened a can of worms. I'm just simply speaking for those who don't feel like expressing their opinion on these issues.

As far as future "hell-goers", well, that's between God and them. Going to a bar doesn't mean a person is going to Hell

From my soapbox...

By Keisha Grubb



Stories about fun stuff at bars won't attract new students to SWOSU...

because sin is sin, regardless of how a person engages in it. I'm not here to judge because I am not perfect, by any means. True, religious standpoints cause much conflict, but I am a Christian and I want to express my life as one.

My columns and editorials might turn readers off, but the controversy that creates them causes more response from readers. Thank God for freedom of speech!

As a student attending college for a degree, not a party, I don't get my kicks out of reading who all was at the bar last Thursday night. That's great that bars give people excitement, if that's what they do. However, if Southwestern is trying to win incoming freshmen, some may not care to know what goes on there by reading *The Southwestern*. Leaving my soapbox now...

■ *From the Mailbox*

Reader responds to letter by Keisha Grubb in the March 29 issue.

I doubt I will be the only one to respond to Keisha Grubb's letter that appeared in the March 29 issue of the Southwestern. I am not sure why Ms. Grubb decided to personally attack Phat J's as I am sure Phat J's has never personally attacked her or her views. Also, even though it may seem so, Phat J's is not the only bar in town or in this newspaper.

I would like to address a few issues that Ms. Grubb brought up in her letter. First the issue of advertisement, Phat J's pays to have their ad placed in the school newspaper. Phat J's advertises in a variety of media and places an ad in the newspaper to help give back to the school and support the Southwestern.

The stories that appear in the newspaper are written for students by students that have something to say about Phat J's. Kelley's can pay to have a full-page ad that endorses "Giving her a diamond as true as her love." Not only does this not represent my view that I do not need a diamond to show my boyfriend's love, it makes me ill to think that other people might feel compelled to buy a diamond to show their love. But it is an advertisement and they pay to have that opinion voiced.

How about the tanning bed ads from two years ago? These portrayed bikini clad women that caused me to re-evaluate my own body and detrimentally contributed to the delicate self-image of young women on a campus where eating disorders run rampant. But, yet again these ads helped to pay for the Southwestern, which I strongly support. Even though I don't particularly agree with the opinions in the examples above, I guess nothing is truly free anymore, even speech.

Perhaps this is an opportunity for Ms. Grubb and people that join her opinion to start their own newspaper that "other areas of campus life" could freely express their opinions and get their own advertisers. I am sure it would be a popular idea, according to the information provided in Ms. Grubb's letter.

The next issue I would like to address is the idea that "Bars will not get a person into heaven." First, bars will not keep you out of heaven. Next, in the many planning sessions I have participated in for Phat J's, I do not recall, even once, that using the bar to get to heaven was discussed. Nor was "getting wasted to take the edge off." In fact I cannot recall that my colleagues or I have ever discussed, done or suggested someone else do this. But then again maybe I was "wasted."

I know that many of you, according to Ms. Grubb, do not get a thrill out of bar news. But one must admit Phat J's is probably the most exciting thing to happen to Weatherford since Zaks, except maybe the dedication of the latest Tom Stafford icon. (I mean no disrespect to Mr. Stafford, his family or friends. Just as I am certain Ms. Grubb meant no disrespect to me or my family, Phat J's.)

Though personally I felt it was a "waste of energy" to read

or respond to Ms. Grubb's letter, it was a necessity. To those of you who agree with Ms. Grubb: I challenge you to go to the club. I don't think this falls into the category of sin. In fact, I bet you could be there the entire evening, see many people you know and not commit one sin. That is, if you could keep yourself from the sin of judgment. But then again, temptation is everywhere.

May God bless everyone, including the sinners and the freaks.

-Jennifer Pechonick

■ *From the Mailbox*

Reader responds to editorial response made to letter by Keisha Grubb

After reading the entire newspaper for March 29th, I find an irony I would like to spotlight. A student, Ms. Grubb, wrote an article and stated that she had written many articles on various topics for the paper, but none had been printed until now.

Ms. Cook responded by saying that the space is limited in the paper. On the very next page, however, was an ENTIRE page devoted to one student who is graduating. Now, don't get me wrong, I think it is wonderful that she is graduating.

I must remind you, however, that there are 296 other students also graduating in the spring. Perhaps Ms. Cook and the other editors could take an overview of all the articles submitted to the paper and try to consider what would most interest the body of Southwestern students.

I, for example, am interested in issues that perhaps Ms. Grubb and others would like to write about. Stating that there is little room in the paper and then devoting an entire page to one student, shows a lack of judgement and a very shallow reason given to Ms. Grubb.

-Angela Roy

In response: As editor, each week I am presented with many columns and editorials, of which I can usually only use three. I would love to print every column that comes in, but sadly editorializing falls second to hard news.

Each week stands alone and has its own set of limitations. On the weeks Ms. Grubb presented columns there was not space for them because of their word count. It is nothing personal, it is simply the art of squeezing pieces into a pre-determined space. I do not keep track of how many times each person has been published. I simply look at what is available that week and select what I feel will best work with the space we have.

As far as feature stories are concerned, considering the fact that it would be impossible to write about all 296 graduating seniors, myself included, we decided to pick several students on campus to do profiles over as a sample of the overall population.

If you do not feel the issues covered by *The Southwestern* fit the needs of a group of students, please send us at least a week in advance on disk the times, dates, and contact information of events you are interested in.

-Patricia Cook

For a good time call 774-3275

Human resources offers discount tickets

By TACEY CLODFELTER/STAFF REPORTER

Students and faculty are thinking about plans for summer vacation. Thanks to Southwestern, the dream vacation is more affordable.

The Human Resources office, located in the Administration Building, is offering discount coupons to several parks in the area including Six Flags Over Texas, Frontier City and White Water Bay.

Seasonal consignment tickets for Frontier City and White Water Bay are available through the cashier's window in the Administration building. For persons three years of age or older the price is \$14.50 for Frontier City. This is a savings of \$10.19 off the regular price. White Water Bay tickets are \$12.50 for a savings of \$7.89.

Applications are available in the Human Resources office for Walt Disney Magic Kingdom Club membership cards.

According to the brochure, the membership offers



Jan Schmitz of the Human Resources office displays tickets to Six Plags and Walt Disney World. Students and faculty can purchase the tickets through the office for a discount.

discounts on admission to Disneyland Park, Walt Disney World theme parks and water parks and Tokyo Disneyland.

Discounts are also available for merchandise purchased at any Disney Store worldwide.

"Students and faculty should allow five to six weeks for delivery of the membership card after mailing in the application," said Jan Schmitz, human resources employee. "However, a photocopy of the completed application can be used until the card is received."

Plans are in the works for offers from Sea World San Antonio, but nothing is official yet.

"We were told that out of state park goers can use the Mountain Dew and Pepsi cans for a discount at the gate," Schmitz said.

Six Flags Over Texas coupons are available in the Human Resources office and the mailroom. The coupons are good for \$10 off adult one-day tickets or two days for the price of one (the second day can be used any day in the 2000 season). The coupon can also be used for \$6 off adult one-day tickets to Hurricane Harbor water park in Arlington.

Human Resources also has the ability to get group rates for Oklahoma events such as Blazers hockey games and Remington Park.

"Any group interested in going to any attraction should contact the office to see if discounted rates are available," said David Misak, Human Resources director.

"The parks are more likely to continue to offer us special rates in the future if more students and faculty take advantage of them," Misak said.

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April brings STD awareness to students

EMILY STEWART/STAFF REPORTER

Sex.

One single act can change the life of an average college student forever. Sexually transmitted diseases do not discriminate against anyone as they continue to surprise young people daily.

April is National STD Awareness Month, so now is a good time for students to become aware of what they are dealing with and accept responsibility for what actions they take.

"I just want kids to realize that one bad decision could change their life forever," said campus nurse Becky McBride. "You need to be educated. It can happen to you. It does not matter who you are, if you practice unsafe behavior, you are at risk."

Many students maintain the idea that a disease will never get them. They continue to practice unprotected sex and then selfishly spread it to their unsuspecting partners.

The ultimate nightmare for any college student is obtaining a sexually transmitted disease, which is why being educated on the matter is so vital.

Condoms will protect responsible people from getting diseases, right? Not necessarily. Herpes and human papilloma virus, also known as genital warts, can be contracted through condoms. These two prolific diseases affect one in five Americans 12 years and older. The chances of being with a person who has one of these diseases is huge.

Herpes are painful, blister-like sores that appear on and in the penis, vagina or anus and sometimes around the mouth area. Within 2-10 days after contact, blisters may appear and other symptoms such as swollen lymph glands, aching muscles, fever and headache may occur. This disease is highly contagious, even after the sores have healed. There is no cure.

Genital warts sounds as ugly as it is and cannot be cured through antibiotics. Warts can be treated with gels, solutions or ointments. They may need to be burned off but this still does not guarantee they will never come back.

Don't take this as a signal that condoms are not effective. Most diseases can be avoided when a condom is used properly.

"You can come in and get free condoms at any time," McBride said. "You don't have to say a word to anybody about it or explain yourself."

The most common STD is chlamydia. This disease can be prevented with condoms. There were 8,842 cases of chlamydia reported in 1999 in Oklahoma. Sixty-seven of these cases occurred

"I just want kids to realize that one bad decision could change their life forever."

--campus nurse Becky McBride

in Custer County. Chlamydia can be treated, but it is vital that those who get it tell their partners immediately.

Along with these three diseases, the other seven of the 10 most common STDs are syphilis, gonorrhea, AIDS, hepatitis, chancroid, pubic lice and trichomoniasis. The Oklahoma Health Department posts a web site that offers insight to each one of these disease and offers information regarding precautions.

Of course, the only absolute protection is abstinence.

"Abstinence is the only sure way not to be infected," McBride said.

There are at least 50 more STDs other than the ones mentioned. This should scare some into at least being very careful if not abstinent. The effects of an STD are not only physical, they are also mental and the horror of getting an STD takes away part of a normal life forever.

"College should be the best time of your life. It breaks my heart to see someone come in with a disease that will be with them the rest of their lives from just one moment of carelessness. It can't be worth it," McBride said.

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Burton House tutors can help study skills

BY KORI HOFFMAN/ STAFF REPORTER

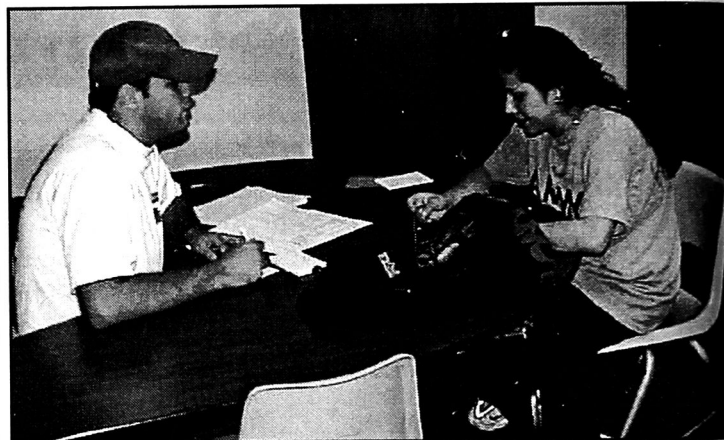
Almost 500 students have taken advantage of the free tutoring services this Spring, according to Tamara Misak, assistant director of student development services/ placement services.

These services are offered at the Burton House, which is located just south of the library. Student Development Services has tutoring available every Monday through Thursday from 2 to 4 p.m. and again from 5 to 7 p.m. The services are free and no appointment is needed.

The subjects that the Burton House has to offer include math, English, science, business and Spanish. These subjects are offered at all times during hours. They also have different resources such as additional study guides as well. Upstairs, the Student Development Services office offers "general information on study skills, test taking and test anxiety," Misak said.

The tutors are generally upperclassman who have received a departmental recommendation and have gone through an interview process. These students must also maintain a minimum grade point average.

Tamara Misak said students should not to be afraid to



Students needing a little help in math, English, science, business or Spanish courses can drop by the Burton House. Tutors are on hand Monday through Thursday, 2 to 4 p.m. and 5 to 7 p.m.

come ask for help.

"Many students simply utilize the facility because it gives them a structured place to study with no outside distractions," Misak said. "They simply need a place to do their homework."

Misak added that some students come with only a few questions, the others arise throughout their assignments and it is helpful to have someone there to answer those questions. She urges students to come try it out and see if it can be of any assistance to them.

"It has helped a lot of students," Misak said.

If any students have questions about the services offered they can call the Student Development Services at 774-3233.

SWOSUpalooza ready to take stage



Mollys Yes will be one of the premier bands at Thursday's SWOSUpalooza concert from 3 p.m. to midnight outside the Student Union. The band's albums have been received well by both music critics and rock fans.

Several bands are lined up for SWOSUpalooza, which starts tomorrow at 3 p.m.

The event will last until midnight. It will be located outside the Student Union.

Publicity is widespread for the event. Radio stations and newspapers are publicizing the concert and all area high schools have been contacted.

Several campus organizations will set up booths and sell food, drinks and merchandise.

Mollys Yes, a rising rock band from Tulsa and *Between Thieves*, one of the most popular groups on the Christian rock scene, are featured artist. Other local bands such as *Mercury 1* will also play.

Admission is free and Chip Diffendaffer, SGA president, said students are excited about the event.

"I think SWOSUpalooza will be great once all of the details are worked out. It will be an awesome day," said Chip Diffendaffer, Student Government President.

Diffendaffer said more sponsors are needed to help facilitate the event. For more information call 774-0615 or e-mailing sga@swosu.edu.

Proper etiquette for graduates outlined

By IEEF BELL / NEWS EDITOR

Procrastination is an art that most college students have effectively mastered. By the time they become seniors expert status is acquired. However, seniors face many challenges and obligations that must be met before taking that final walk.

For those planning to graduate in May, it is crunch time. In order to have everything done in time graduates-to-be must use careful organization, planning and etiquette. Each part of the process should be given careful attention.

"Some may graduates have yet to send invitations, order cap and gowns, make resumes or draft a cover letter," said Tamra Misak, Assistant Director of Student development services.

But it is not too late.

First, applications for graduation need to be completed as soon as possible. These applications can be completed at anytime in the registrar's office. In order to take part in this year's commencement ceremony, these applications must be turned in immediately.

After guaranteeing that all paperwork and exit interviews are completed for the graduates department, it is time to let other peoplesuch as family and friends know about graduation.

It is not to late for May graduates to purchase caps, gowns, announcements or thank you cards. Announcements should be sent out at least three weeks prior to graduation.

Graduates often receive presents from family and friends. This is often a sticky situation when trying to determine what to ask for, especially when the graduate needs money.

"If people ask, be up front about what you want," Misak said. "Word of mouth through relatives is a great way to let people know what you want (for graduation)."

Thank you cards should be sent on all gifts received. This not only says, "Thank you, I appreciate this gift," it also lets the sender know that you actually received it. When sending thank you cards, they should go into the mail immediately after receiving a graduation gift.

The final step in preparing for graduation is starting to look for a job. Student development Services can help a graduate prepare for the job market. They help students create resumes, cover letters and find jobs. Misak advises to use quality bond paper for their resume and cover letter.

"Graduates should do anything they can to set themselves apart from others seeking jobs," said Misak.

"Unfortunately, many graduates have just now started working on resumes and looking for a job," said Misak. "Some students come by and may be a little frantic, but it is not too late."

Theatre offers prizes

The Southwestern theatre department is offering students the opportunity to win many prizes just for coming to see The Boy's Next Door April 27 to 29 at 7:30 p.m..

After the performance those in attendance will be given the opportunity to answer a question regarding the play to be placed in a drawing for prizes from area merchants.

Prizes are from: Alfredo's, Subway, Stage, Mazzios, Pizza Hut, United, Sonic, OK Boots, The Woodshed, Sharon's, Java's, Nabors shoe store, The Gift Shoppe, Rena-Kays, Trends, Delicious Designs, Pink Turtle gifts, the New Life Bookstore, Maurices, Mega Movies, Kelly's Jewelers, The Dusty Rose, Uptown Marketplace, Benchwarmer Browns, Powell Interiors, KFC, Ratcliffe's, First Place printing, Major Music and many others.

In order to be placed into the drawing for the prizes contestants must be able to answer the following question: *What is the name of the gas station where Sheila picks flowers?*

After the performance contestants will answer the question on an index card that includes their name, phone number and the answer. The entry forms will be placed in a box outside of the theatre. Of the contestants who correctly answer the question, names will be drawn for the free prizes and the winners will be contacted by phone.

Speech team competes in final tournament

Southwestern's Pi Kappa Delta speech and debate fraternity attended their final tournament for the season on March 31 and April 1 in Winfield, KS.

Ten members of the speech team competed in this event and several won awards. Misty Williams won first place in Informative speaking for the second time this year. Pi Kappa Delta President Chantry Banks took home third place in Prose Interpretation and fourth place in Poetry. Also in poetry, Jennifer Mauldin took third place. Newcomer Jaime Morris took sixth place in prose, as well as being a finalist along with Terri Kreizenbeck in the small group discussion event.

Also attending and competing in this tournament were Nico Scheidmantel, Justin Trout, Erika Dickerson, Andrea Ward and Jace Humphrey.

"We have been very lucky this year to have such talented and active members," said President Chantry Banks. "This is a relatively young team with lots of potential, so we expect great things for next year," Banks said.

Radio station plan postponed

By TONY ALEXANDER/ STAFF REPORTER

Southwestern students will have to keep waiting before they will be able to turn on the radio and listen to the sounds of their own campus radio station.

The project is being put on hold for at least one year while the university searches for sufficient funds to cover the start-up costs of broadcasting right here from Southwestern's campus.

According to Dr. Victoria Gaydosik, chair of the language arts department, Southwestern is looking for charitable foundations for the grant money needed.

"There are charitable organizations that exist to give money to worthy causes and we are hoping that one of them will consider this a worthwhile cause," Gaydosik said.

According to a previous Southwestern article, one plan of action was to broadcast using on air time provided by Harold Wright of Wright Radio.

This would help reduce the start-up costs by allowing the university to buy only the studio equipment needed to broadcast. Mixers, music and a sound proof studio are examples of the equipment needed for the project.

The campus radio station project was started to help promote Southwestern's image to college and high school age students in the area. It will also be used to help students who are interested in broadcasting get beneficial hands-on experience that would help them in the job market after they graduate.

The format of the radio station will be chosen by the Southwestern student body.

A previous survey conducted revealed that most students were interested in a rock/pop style format with alternative rock and country music coming in second and third, respectively.

Whatever style of music is played, it will be aimed at the youth market and driven by what the students want to hear.



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Southwestern joins campuses across the nation in celebration of Rez Week

By Heather Koli/ SPECIAL TO THE SOUTHWESTERN

Across the nation, fifty-seven college campuses will be celebrating Rez Week during the week of April 16 through 20. The purpose of Rez Week is to unite believers together in the celebration of the Resurrection of Jesus Christ.

Bobby Dean of Texas A & M University began the first Rez Week in November 1992.

Over 2,000 students participated in prayer and worship throughout the week. Dean wanted the idea of Rez Week to spread to other campuses nationwide. With fifty-six campuses joining in, Rez Week has begun to fulfill his dream.

Earlier this year, Southwestern's Christian organizations joined together to bring Rez Week to our campus.

After much effort put towards the week, the time has come. The many religious organizations on campus will join together in a week of activities to encourage fellowship and celebration. Each day of the week a special activity is planned.

Everyone is encouraged to attend each of the activities offered. All of the activities are free.

Rez Week at Southwestern will open up April 16 with Solomon's Splendor, an acoustic worship band. After the performance all attendees will join together for a campus prayer walk that will begin at 9 p.m. on the lawn in front of the Stafford Building.

On Monday, free burgers and drinks will be available on the west lawn of the Student Union, from 11 a.m. to 1 p.m. Then later that evening, at 8 p.m. in the Conference Center Rosebud Room, there will be a worship service via National Satellite Link-up that will join all of the campuses nationwide that are participating in Rez Week.

On Tuesday, April 18, at 8 p.m. in the Fine Arts Building, Darrell Evans will be in concert. Darrell Evans is a recording artist and travels as a worship minister throughout the U.S. as well as to other countries sharing his music.

Also performing will be Champions for Christ, a drama and music team out of Wayne. They will be performing Wednesday

night at 8:30 p.m. in the Ballroom of the Student Union. Also at the student union, a prayer chain will take place at 12:15 p.m. on the south lawn.

A service with the Chi Alpha Praise Band, Jon Randles and Cameron White will close the week on Thursday, April 20 in the Student Union Ballroom. Cameron White will also be speaking to all athletes at 6:30 p.m. on that night.

Every student is welcome and encouraged to attend the activities. T-shirts are available for \$10.

For more information on the activities for Rez Week contact any of the following organizations: the Baptist Collegiate Ministry, Catholic Student Association, Chi Alpha, Fellowship of Christian Athletes, Fellowship of Christian Pharmacists, the Kappa Phi Sorority or the Wesley foundation.

WHAT'S GOING ON


Campus Events April 12-19

Pompon Tryouts
Tryouts for Southwestern's Pompon squad will be Saturday. For more information, contact Kaprice Skinner in the vice president for academic affairs office at 774-3771.

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IT'S COMING...

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Warm temperatures are finally here

By Iohnna West/Features Editor

Springtime is here and that means swimsuit season is just around the corner. Many students can be seen exercising at Milam Stadium, Sand Plum Trail, the tennis courts and various other places.

Diet and exercise have always been an obsession with Americans. We hear about the latest diet fads on the news, in magazines and, of course, the Internet. Even life-threatening drugs prescribed by doctors were once on the market. There is so much information about weight loss available to Americans. Yet we are a substantially overweight society. So what is it about our society that makes us gain weight? The answer might be found in carbohydrates.

According to one fitness expert, "If you don't eat properly or cut back on your caloric intake, or decrease your intake of the proper carbohydrates and you combine that with the wrong type of exercise, you will lose muscle tissue, water weight and in most cases very little if any fat will be lost."

Yes, a person can maintain his weight by exercising, but he must get below burning food calories and start burning his stored fat. Proper exercise can burn the body's stored fat.

In the past, fitness gurus and dieticians told people to cut fat out of their diets. Suddenly fat-free chips, cookies and other fat-free products flooded the shelves. Now experts claim that low carbohydrates diets are the most efficient way to lose those unwanted pounds.

Carbohydrates are the body's number one source of energy. They are also the easiest fuel for the body to burn. Carbohydrates can be found in foods like vegetables, fruits and some dairy items. Junk foods and desserts like cakes, ice cream and candy bars are the superstars of carbohydrates.

If a person restricts carbohydrates and increases his protein and fat intake, then the body begins burning the body's fat.

Although this type diet seems simple and harmless, there is a dangerous side effect. If the body goes without an adequate amount of carbohydrates over an extended period of time, then a state of ketosis will set in. Once ketosis sets in, it can be detected in the urine. Ketosis causes a dramatic decrease in a person's energy level.

After hitting this level, the body then reverts to using stored muscle protein to produce energy. This results in muscle tissue loss. If ketosis goes untreated, it can lead to serious health problems. Comas and even death can be caused by ketosis.

Some doctors believe that ketosis isn't a harmful state, if it is monitored properly. Dr. Robert D. Atkins, creator of the famous Atkins Diet, is one such believer. He states that ketosis is a good thing. Being in ketosis allows a person to

lose weight.

"Eating rich delicious gourmet foods can be your path to permanent weight loss," Dr. Atkins said.

Atkins' diet consists of avoiding carbohydrates and indulging in high fat and protein foods. He also recommends exercising. A person can only consume 20 grams of carbohydrates per day. He must avoid fruits, vegetables and starch-ridden foods. Only green vegetables can be consumed on this diet. Sugar and caffeine are also two things to avoid.

Dr. Atkins states that once a person lowers his carbohydrate intake, then his insulin level won't jump around. This will decrease the person's appetite. He believes this form of eating can be a lifestyle change, not just a diet.

Those people looking for an easy and quick way to lose weight, may want to try the Cabbage Soup Diet.

"This stew-it-yourself staple plan consists of one head of cabbage, six large onions, two green peppers, one 28-ounce can of tomatoes, one bunch of celery, one packet on onion soup mix and water."

Every day for a week, the person can eat an unlimited amount of the soup in conjunction with a particular food. Each day the particular food changes. The foods range from bananas and tomatoes to brown rice.

This fad diet doesn't only contain cabbage but also contains many critics.

"Cabbage packs no fat-burning powers, but the soup does fill you up, acting as an appetite suppressant," said

PHOTO BY IOHNNA WEST



Fat burners can be purchased at any nutrition store.

and student dieters want quick results

Dr. Xavier Pi-Sunyer, director of the Obesity Research Center in New York City. He also states that any low-calorie soup can have the same effect. Experts agree that this diet sheds water, not pounds

Crash diets may make sudden changes in your waist, but are they the safest way to lose weight? If a person plans on crash dieting, he should take some precautions. It is very wise to consult a physician before making drastic diet changes. Daily vitamin/mineral supplements that contain at least 100 percent of recommended daily allowances should be taken. Drink eight glasses of water per day. More water should be consumed if the dieter is participating in a high-protein plan. Quit the program if dizziness, headaches or other discomfort occur.

Dieting doesn't appeal to many people, but they do want to eat healthy. They should follow these guidelines next time they visit a salad bar. Common sense tells us to avoid such items as creamy salad dressings, shredded cheese, bacon bits and macaroni salads. But what vegetables are good for our bodies?

Avoid such vegetables like mushrooms, radishes and alfalfa sprouts. No, these foods aren't fatty, but they contain little nutritional value.

Cauliflower also known as "broccoli's bleached cousin," contains very small traces of vitamin C and beta-carotene. Double up on broccoli and leave its cousin alone.

Black olives are not the best choice on the salad bar. They won't clog the arteries, but they don't contain enough cholesterol-lowering monounsaturated fat to make a difference.

Cucumbers contain little nutrients and little taste. When building the salad, go for the green leafy lettuce, not the iceberg version. Salad greens contain folate and fiber.

If cheese is a must, try a half a cup of cottage cheese. It contains 108 calories, 5 grams of fat and 13 grams of protein.

So what is left on the salad bar

that is actually healthy? Load up on carrots, chickpeas, hard-boiled eggs and cherry tomatoes. Top the salad off with red wine vinegar and a spoonful of sunflower seeds. These seeds contain potassium, magnesium and folate.

So, vegetables are good for a person's health, but according to Dr. Atkins, they should be avoided. No wonder our society's weight keeps increasing. There is so much confusion on how to lose weight.

MacDonald's, Sonic and Burger King; they don't offer many vegetables on their menu. But they have plenty of high fat food items. So, it may healthy to eat at these joints after all.



PHOTO BY JOHNNA WEST

Nutrition Center employee, Heath Whitfield, examines a bottle of vitamins.

Book Review

Bag of Bones

Stephen King's book, *Bag of Bones*, left me with many sleepless nights of reading and some of sheer terror. It made those little bumps in the night turn into bangs.

The "King" has done it again. He has woven an interesting tale of the past coming back to haunt a small town in Maine.

Mike Noonan is the lead character. Noonan has been having strange dreams about his wife's untimely death. He is a successful novelist, but he finds himself unable to write after his wife's death. He begins to feel that the secrets of what is plaguing him lies at Sara Laughs.

Sara Laughs is the name of the little cottage the couple owned in Maine. It was their summer retreat. The house radiates a feeling of mystery and intrigue.

Mattie Devore is the lead female character. She is in a custody battle for her little girl. Noonan begins to fall in love with her and her daughter.

This book started a little slow, but it set the book up for the history of the characters and Sara Laughs. There are so many twists and turns I couldn't wait to turn the page.

King weaves in and out of the past and present brilliantly. As I said before, the past mistakes of a few teenagers have come to haunt the small town in Maine.

Noonan and Mattie's little girl seem to be the only ones who are experiencing strange and disturbing occurrences, but the whole town is beginning to realize what is happening.

On the fridge, there were magnets with which you can make a sentence. They began to move on their own to form strange phrases and warning words.

This really got the book going for me. Once the ghosts started showing up, I couldn't put the book down.

The mysteries around Sara Laughs begin to unfold. The town has tried to keep the secret for years, but the ghosts are angry, and it is time to find out the horrible secret.

Wondering what the secret is? For the answer, you have to read the book.

I would fall asleep at night reading. It would be right by my side as if beckoning me to keep reading when I awoke.

This was an unforgettable book I didn't want to end. The plot will take you in one direction, and suddenly turn 180 degrees in the other. Just as soon as I thought I had it figured out, it would surprise me right until the end.

This is a novel of love, spirits, revenge and yes, it is still scarier than ever. *Bag of Bones* is thought-provoking and a real tear-jerker all rolled into one. What more could you ask for?

By the way, I can't wait to get started on another book written by King. I definitely give *Bag of Bones* the page turner award. I would recommend this book to anyone.

--Jamie Rhodes

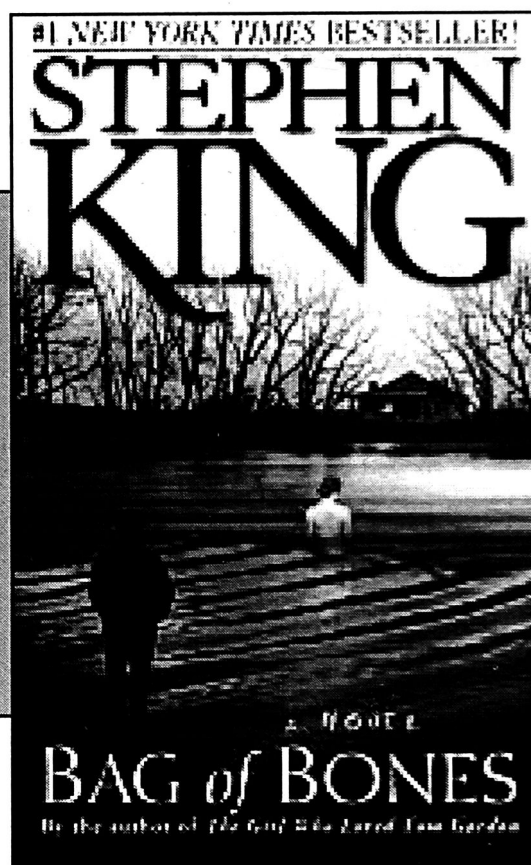


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Fuel Your Future

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Southwestern's corner on scholarship

by Paul R. Nail, Department of Psychology

After 22 columns and more than 200 individual citations, I am beginning to run low on material for this column. Please submit any recently completed projects to the Office of Sponsored Programs as soon as convenient. The appropriate form is available on the SWOSU web page under Administration/Forms/SWOSUFORMS/Research and Grants. Hardcopies can be obtained from OSP at ext. 7012.

Congratulations to the many of you involved in scholarly activity at Southwestern. Keep up the good work!

Faculty and Administrators in the News

David Lawrence, Math Department, published "The Sharp EL-509RH: User's Guide and Teaching Activities for the Classroom," *Sharp Electronics*.

Deborah Spurgeon, Music Department, presented a workshop "Teaching the Voice With a Future: Strategies for the Choral Director," Fall Meeting, Oklahoma Music Educators Association, Oklahoma City.

Phil Holley, Social Sciences Department, presented "Prison Tours: The Experiences of Inmates, Institutional Staff, and Tourists," Annual Meeting, Southwestern Sociological Association, Galveston, TX.

Joe Nolan, Elementary/Secondary Education Department, published a chapter "Improving Accessibility to Our Beaches," in *Better Beaches*, National Recreation and Park Association.

Steve Pray, Pharmaceutical Sciences Department, published "Osteoarthritis and OTC Therapies," *The U.S. Pharmacist*.

Scott Long, Pharmaceutical Sciences Department, published a monograph "Hops," in *The Complete Guide to Herbal Medicines*, Springhouse Corporation.

Penny Skaehill, Pharmacy Practice Department, published "Management of Stenotrophomonas Maltophilia Infection," in *The Consultant Pharmacist*.

David Bergman, School of Pharmacy, published "Systemic Lupus Erythematosus and Its Treatment," *The Community Pharmacist*.

Bulldog Bucks



NEW SERVICE OFFERED

Students may now do their Entrance and Exit Loan Counseling Interview via the Internet. The Office of Student Financial Services has made this possible for your convenience. First-time borrowers at Southwestern must complete the Entrance Interview before you receive your loan check. Exit Interviews are required upon graduation, less than half-time enrollment, or withdrawal from school. You must complete this process even if you have enrolled at another school. Go to <http://www.swosu.edu/admin/finaid/linksloans.htm> to complete your interview easily!

OKLAHOMA PILOTS ASSOCIATION

This scholarship is offered in an effort to promote general aviation, aviation education and safety; and careers in aviation. Applications must be received by July 31, 2000 to compete for this \$2,000.00 award. Application information is available in the Office of Student Financial Services.

CONTINUING STUDENT TUITION WAIVERS

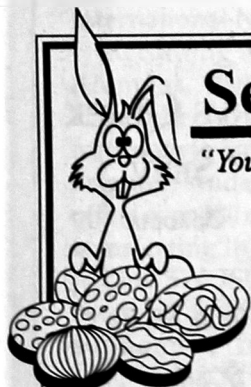
The deadline for applying for this waiver is May 1, 2000. Students must be an Oklahoma resident and have earned at least 12 credit hours at Southwestern during the Fall 1999 and /or Spring 2000 semesters combined. Selection is academically competitive based upon cumulative GPA and the GPA earned during Fall 1999 and Spring 2000. Applications are available in the Office of Student Financial Services or at www.swosu.edu/admin/finaid/forms2.htm

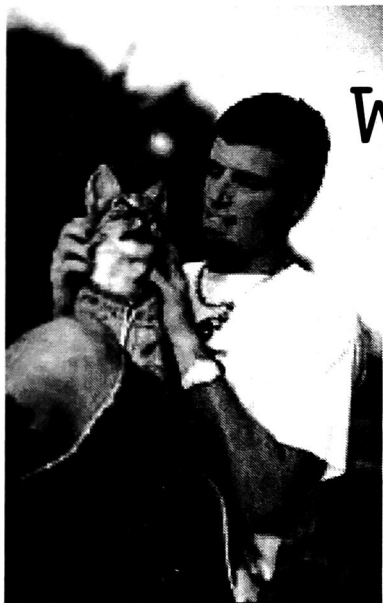
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Intramural program comes back to Sayre

By NATHAN BREWER/STAFF REPORTER

The Sayre campus is trying to bring back something that's been missing at least 25 years...an intramural program.

After a long absence, the Sayre campus is trying to develop a program of organized athletics for its students. It kicked off the new venture with the first annual "April Fools" basketball tournament April 5, 7 and 10.

Sayre's attempt to reinstate intramurals began when the Student Government Association decided to get student input as to which programs and activities they wanted offered at Sayre. SGA president Melissa Prather, of Carter, circulated a survey among the students, and they chose intramurals as the activity they most wanted.

"Intramurals was the high-end item," said Eddie Peck, financial aid director and SGA advisor at Sayre.

Prather took the results of the survey to Dean Redding to get the ball rolling. Redding then contacted Nelson Perkins, intramurals director at Weatherford campus, for assistance.

Perkins suggested beginning the program with

a five-on-five basketball tournament. He agreed to coordinate the tournament and provide students from Weatherford to officiate the games. The tournament was composed of four teams playing games in a round robin format over three days.

According to Dean Redding, the tournament allowed the campus to test the waters to determine whether beginning an intramural program was feasible and to lay the groundwork for implementing a complete program next fall.

"It was to be a test of whether or not we could do it. The hope is that we will have a second April Fools tournament next year that will be part of a fully developed intramural program that we'll have throughout the fall and spring," he said.

Peck wants the tournament to be a springboard for the future.

"I really hope it will help us start a regular intramural program for next year. I also want it to make students aware that there are activities here at Sayre," Peck said.

SAYRE CAMPUS HIGHLIGHTS

Phi Theta Kappa Chapter to Charter

High scholastic achievers on the Sayre campus now have an organization to acknowledge and reward their achievements. On Thursday, representatives of Phi Theta Kappa International Honor Society will be on the Sayre campus to charter the Beta Iota Gamma Chapter of Phi Theta Kappa.

Southwestern Pharmacy student KaCee Williams will represent the international honor society of the two year college and present the charter to President Joe Anna Hibler. Williams served as Phi Theta Kappa International North Central Region Vice President.

According to faculty advisor and Phi Theta Kappa Alumnus, Michael McKinney, the chapter is inducting 25 members at the chartering ceremony. "We are indeed fortunate to have such an opportunity for our best and brightest students," McKinney said, "Phi Theta Kappa offers over \$30 million in scholarship monies to members transferring to four year institutions."

One SWOSU-Sayre Phi Theta Kappa has already received a transfer scholarship. Angela Embry, a sophomore from Crawford, received a transfer scholarship to the University of Central Oklahoma for Fall Semester 2000.

Assisting McKinney as co-faculty advisor is Roxann

Coker, instructor in the Medical Technology program on the Sayre campus. The chartering ceremony is at 7 p.m. in the Field House on the Sayre campus, and the public is invited to attend. Visit the chapter's website at <http://www.sowsu.edu/~mckinnm/Ptk/Ptkindex.htm> to learn more about Phi Theta Kappa.

SWOSU-Sayre to Hold Internet Writing and Research Contest

The 1st Annual Timed WARP, an internet based writing and research project for western Oklahoma high school students, will be held on the Sayre campus April 13.

The day long event will begin with registration at 8:30, then students will receive instruction in using the internet as a research tool, including how search engines work, how to evaluate a web site, and documenting sources in the writing. Students will then choose a topic, do their basic research, and compose an essay which will be judged by the Timed WARP committee.

According to Judy Haight, Timed WARP Committee Chair and Language Arts instructor who founded the project, the contest is unique in that everything the students learn and do will be done either on the internet or through SWOSU's intranet in one of the three computer labs on the Sayre campus. The project will use Blackboard.com to disseminate rules, information, and instructional materials about the project.



Southwestern Sporting Events

Baseball

Apr. 14 SWOSU vs. East Central Oklahoma	1:30 p.m.
Apr. 15 SWOSU at East Central Oklahoma	1:30 p.m.
Apr. 18 SWOSU vs. Oklahoma City	2:00 p.m.

Softball

Apr. 15 SWOSU at Northeastern Oklahoma	2:00 p.m.
Apr. 19 SWOSU vs. Northeastern Oklahoma	2:00 p.m.

Men's Golf

Apr. 17-18 Lone Star Conference	Dallas, Texas
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Rodeo

Apr. 14-16 Garden City Comm. College	Garden City
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Putting the Smack Down on Sports

by Charles Beartley

McGwire is a no show.

Mark McGwire last week took himself out of the St. Louis Cardinals opening day roster. He felt a little ache in his lower back five minutes before the game.

As a fan, this irks me. Opening day is like the World Series to the fans. We look forward to that day all winter. Opening day is almost a national holiday or at least to baseball fans.

Kids and adults skipped school and work last week to attend opening day at Busch Stadium to see the highly anticipated first Big Mac-Sammy Sosa slug fest of the century.

They found their seats, grabbed a hot dog and then listened to the line-ups being announced. Everyone was on the edge of their seats ready to cheer when McGwire's name was to be announced. The announcer goes through the Cardinals line-up and gets to who's playing first base. The fans were ready and the announcer says Craig Paquette. "What the *@\$\$!!!, I didn't pay \$6 for nose bleed seats on opening day to see a guy who can't even carry McGwire's jock strap."

If it was mid-season or even a week into the season I could understand McGwire not playing, but most players would suffer a little on opening day to please their fans. What makes it worse is he did the same thing the very next game.

By the way, Paquette hit a homerun in his first at-bat on opening day. Take that Big Mac. Other players will make the most of an opportunity to make the devoted Cardinal fans happy.

The *Jabroni of the Week* is Ken Griffey Jr. who went 0-10 in



...sport fantasy camps this summer.

10. **Shaquille O'Neal** will be teaching young hoopsters the ability of not being able to make a free-throw and still make millions of dollars.
9. **Cinicannti Bearcats men's basketball team** will be teaching future college players how to be part of a number one seeded team at the beginning of a tournament then fall apart.
8. **Bo Jackson** will be coaching athletes how to be the hottest athlete in professional sports one day and totally disappear the next.
7. **O.J. Simpson** will be holding a camp to teach troubled NFL players how to leave plenty of evidence and still be found not guilty in their murder trials. As an extra bonus, students will also learn how to run from the cops on a busy freeway driving at a snail's pace.
6. **Jerry Reinsdorf**, owner of the Chicago Bulls, will be teaching fellow owners how they to can take the best team on Earth and turn it into the worst.
5. **John Rucker** will be teaching campers how to dodge objects being thrown from the fans.
4. **Richard Petty**, the king of stock car racing, will be teaching young drivers how to wait to relieve themselves until the 300 nonstop laps are over.
3. **Evander Holyfield** will be teaching students how to avoid getting bitten by an opponent.
2. **Darryl Strawberry** will be teaching little leaguers at his camp how to play baseball while being stoned.
1. **Dennis Rodman** will be teaching youngsters how to not get along with your teammates. Their will also be special sessions such as, how to give yourself a tattoo and what dresses are the best to play basketball in.

his first two games as a Cinicannti Red. However, I do think everybody should quit panicking. Griffey will be hitting homeruns in no time after the pressure of being on a new team and in a new league is over.

...And if you ain't down with that, I got two words for ya!

Rodeoers saddle up

BY CHARLES BEATLEY/SPORTS EDITOR

*It's boots and chaps, It's cowboy hats, It's spurs and latigo,
It's the ropes and the reins, And the joy and the pain,
And they call the thing rodeo*

We have all heard Garth Brooks sing those words, but no song could sum up the excitement that occurred at the 28th Annual NIRA Southwestern Rodeo April 6-8.

On a beautiful Thursday night, one of Southwestern's biggest events of the year got under way. Colleges from all over the state and even several from Kansas took part of this extravagance, including Oklahoma State and Kansas State.

Several hundred people gathered at the Don Mitchell Arena to witness the bravery and strength of those young rodeoers. The crowd was entertained by the humorous color commentary of Jim Pugh and Clem McSpadden. But of course the young buckaroos were fixated on the rodeo clowns.

Several bulldogs competed April 6 in front of the home crowd.

In the breakaway roping event, Southwestern did not have much luck. Jana Williams and Shasta Dye were unable to tie a calf.

However, in the next category, saddle bronc riding, Cord McCoy was very successful. The horse was unable to buck the cowboy and even after the buzzer the horse took him against the fence, but McCoy was able to hold on. His impressive ride was awarded with a score of 66.

Unfortunately, a member of Panhandle State's rodeo team was not as successful as his bronc bucked onto the fence, but the rodeoer was unharmed. This was a very competitive events as most riders rode till the buzzer.

Southwestern's Robert Perez flexed his muscle in the steer wrestling category as he wrestled the steer to the ground in eleven seconds.

Next up was goat tying. Southwestern had two competitors Mary Ann Barrow and Kristy Farris. Barrow tied in nine seconds, while Farris did it in 19.5.

In the team roping heading and heeling events Robert Perez and Matt Carlson had a great clean run roping the steer in 8.9 seconds. Cord McCoy and Michael Cooley however,



PHOTO BY SAM NEARING

This was one of many exciting rides at the 28th Annual NIRA Southwestern Rodeo Thursday April 6.

were unable to rope the rear end of their steer.

Jackie Chaney, who's first in the region in barrel racing, had a good run. She ran it in a smooth 18.45 seconds. There were several good rides, but Chaney came in fourth that night. Another near tragic ride occurred as one girl's horse stumbled and both went tumbling towards ground. The girl got up and away before the horse could do some real damage by stepping on her.

The final event of the night was the highly anticipated bull riding category. Why is it so highly anticipate? Because when a bull is whipping a guy around in the air it is a sight to see.

Two Southwestern cowboys, Chad Drury and Everett Erickson, thrilled the crowd. Drury had an excellent ride being only one of three competitors to stay on long enough to register. His score of an 81 was good for second that night. Erickson had a great start out of the gate, but the bull was too much as he could not hold on.

The pick up men did a tremendous job of distracting and rounding up the powerful animals before they could harm the riders.

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Bulldogs and Cavaliers split double-header

BY ADAM WEATHERFORD/STAFF REPORTER

On a sunny April 4 at Rankin Williams Field, the Bulldogs split a double header with the Cavaliers of St. Gregory's. The Cavaliers won the first game 8-7 and the Bulldogs crushed the Cavaliers 11-5 in the second game of the double header.

David Dunlap took the mound for the Bulldogs and started the game off strong. He only gave up one run through the first three innings. In the fourth inning, the Cavaliers took it to Dunlap.

The Bulldogs were leading the game, 3-1 in the top of the fourth inning, when the Cavaliers made their run.

Second baseman Chris Fryar hit a line drive down the right field line that drove in Brien Kelly and Dan Pepper to make the score 7-3 in favor of the Cavaliers.

The Bulldogs were down, but their fight wasn't over. A double by Barry Wichert in the fifth inning kept the Bulldogs moving. Then Bulldogs' designated hitter Bryan Cartwright stepped up to the plate and crushed a two run shot over the right field fence to tie the game at 7-7.

In the top of the sixth inning, relief pitcher B.J. Frazier had a couple of errors and walked a batter. The bases were loaded. Pepper stepped to the plate and hit a

single to left field to make the score, 8-7.

The last two innings of the game the Bulldogs tried to get another run in to tie the game, but they fell short.

Senior outfielder Darin Winchester made heroic efforts for the Bulldogs, going 3-3 with two triples and one double.



PHOTO BY SAM NEARING

Outfielder Larry Fournier crosses the plate in Southwestern's first game against St. Gregory's.

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Senior shortstop Matt January, went 2-3 with a double and a single.

In the second game, the Bulldogs jumped all over the Cavaliers. They used a combination of power hitting and spectacular pitching by senior Josh Hamm.

The game started off with the first run being scored by the Cavaliers. Starting pitcher Barry Wichert balked to send in the runner. That was pretty much all of the damage the Cavaliers would do to the Bulldogs.

In the bottom of the first inning, Winchester hit his seventh home run of the season to tie the game at 1-1.

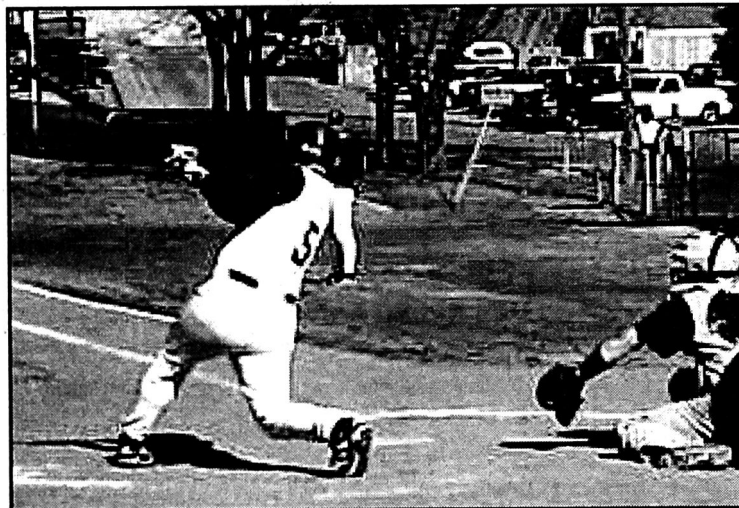
The game was a pitching dual between Hamm and Chris Pingry of St. Gregory's through the first four innings.

In the fifth inning the Bulldogs, pulled out the whooping stick. They scored seven runs, highlighted by Winchester's fifth hit of the day and a three run blast by junior John Callison.

The Bulldogs and the Cavaliers would each go on to score a few runs to make the final score, 11-5, in favor of the Bulldogs.

The highlight of the second game was the arm of Hamm. He pitched six innings and only gave up three runs. He also finished the game with eight strikeouts.

The Bulldog's record goes to 13-15 for the season and they will host East Central at 1:30 p.m. on April 14 and Oklahoma City University at 2 p.m. on April 18. The Bulldogs will also travel to East Central April 15 for a 1:30 p.m. doubleheader.



Jeff Armstrong, catcher, swings for a hit against St. Gregory's.



Senior Josh Hamm delivers to the plate against St. Gregory's. Hamm had eight strikeouts in the Bulldog win.

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Football players "Spring" into action

By SUNIL SMITH/ STAFF REPORTER

"Bang in the 'sprang', Ball in the fall!"

This is the motto of the Southwestern football team as spring football practice rolls around. After 10 weeks of hard dedication in the weight room, it is now time to put the pads on and begin spring practice. The Bulldogs, coming off a 5-5 rebuilding season, are looking forward to the next step toward winning a conference championship.

With several returning starters on offense and defense the Bulldogs feel very confident and focused on achieving their goals for the upcoming season.

"Right now we just know that we have to go out and work hard during the spring in order to compete in the fall," said wide receiver Walter Oliver. "That's why we've taken on the motto 'bang in the sprang, ball in the fall.'"

Nine starters will be back on offense during the spring, which should only improve an attack that generated 3,119 yards last season.

"It feels good knowing that we have a lot of guys back on

offense this year," said running back Anthony Davis. "That means this spring will be a lot of repetition instead of teaching and learning."

In addition to nine offensive returning starters, the defense will have eight returning starters suiting up this spring. The secondary, which finished ranked No. 1 last year in Division II, will have all starters back next season. In addition, the defensive line will return all solid players from last year.

However, losing two great linebackers to graduation, the Bulldogs had voids to fill in the middle. James Washington, who got ample playing time last season, should step up and take over one of the voids. A couple of new recruits will have to prove themselves this spring to see who will emerge as the third backer alongside Washington and returning linebacker/headhunter Bennie Mims.

The Bulldogs will have an intersquad scrimmage on April 27 at Weatherford High School. Spectators can catch the Bulldogs in action during practice everyday at 3 p.m on the practice field.

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Soccer teams prepare for fall competition

BY ALANA BRADLEY/STAFF REPORTER

Once a demanding and time consuming sports season is over, a relaxing break is anticipated.

This year has been the exception to that rule for men's and women's soccer.

These athletes don't report for pre-season until mid-August, but Southwestern's soccer teams have been training hard for the upcoming 2000 season.

The men, led by Coach Jim Loomis, began official training in February. Focus has been on inducing strength with organized circuit training on weights and scheduled competition.

Last week, the squad participated in a four-team tournament consisting of Midwestern, Hardin-Simmons and St. Gregory's. The young team competed well, claiming a win over Hardin-Simmons and a tie with NAIA powerhouse St. Gregory's who had recently defeated Lone Star champs Midwestern.

According to Loomis, this recent feat has helped the squad gain confidence for the second year of competition. The tournament concluded the spring training for the men.

"This was an outstanding effort by the guys," Loomis said. "I'm really proud."

The women kicked off spring early this year reporting for 6am runs a week after returning from winter break.

Since January, the team has gone through a rigorous three-day a week field practice with the two remaining days of the week dedicated to self-imposed weight lifting. Weekend sessions are also sparingly organized concentrating on ball skills.

An addition to the team this spring has been student assistant Richard Stoneman, who has been aiding Coach Scott Hume.

Coming from Oklahoma Christian University in Edmond, Stoneman brings fresh experience to the young program.

Previously working with the men's team as a goalkeeper coach, Stoneman has organized a system emphasizing strength as well as conditioning.

"As a whole, I've seen the girls make tremendous improvement with their eagerness and excitement to play," Stoneman said.

The team has scheduled a scrimmage with East Central and an eight on eight tournament in Texas within the month of April.

The new coach has found the transition from player to coach to be rewarding.

"I've had a great opportunity here at Southwestern," Stoneman said. "Being allowed to work as a coach, I've become serious about the sport and began caring about the players instead of just going through the motions of practice."

Arenafootball lands in Oklahoma City


BY SADIKI VAUGHN/STAFF REPORTER

Arena football has finally arrived in Oklahoma. The organization traveled from Portland as the Forest Dragons, now the Oklahoma Wranglers. Also, taking part in the actions is Tulsa's Talons. The Talons are part of Arenafootball 2.

The Wranglers' home games are held at the Myriad Convention Center, located at One Myriad Gardens in OK City. They've already had one preseason game in which 8,556 people attended. The Wranglers lost 37-30 to the San Jose SaberCats. The Wranglers have another game at Los Angeles.

Those interested in checking out some the practices can go to the WorldClass Sports Complex in Edmond.

The Tulsa Talons start-up their season on April 8th, against Carolina Rhinos. Their games will be shown on Cox Cable. Those listening on the radio can pick up the games on KMRX 101.5 FM.



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